



ONTARIO
PARKS

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Wilderness Skills
Calendar, Page 12

Frontenac

Provincial Park, 1998 Programme



A Book for the Families



as the surrounding land joined the park history," explains Chris. "But it brought clarity as the stories of the families became fuller... I'm an awful one for wanting to know how things fit into the big picture!"

The big picture became bigger as it became clear that the area's geological and First Nation's history required explanation. Add to that the need to place Frontenac in some context with Upper Canada's history and development, and the picture was now immense. Chris sums it up

Terry using his editing expertise and own in-depth knowledge of the park to guide the final text.

When asked if he ever wondered if he had bitten off more than he could chew, Chris responds without hesitation, "Never. This was an endeavour of immense fun. Researching, and especially talking to the oldtimers was incredible... there was clarity as the information came in and the book came together. It was so neat to see that. It was all consuming because it was so much fun."

gathering? "Not really," says Chris. "There was too much incredible stuff going on in the park. It would be like picking a rose out of a garden full of them. They're all beautiful. The park is similar — it's fascinating information spread evenly from end to end."

One modern belief which Chris hopes *The Enduring Spirit* will change is that life was poor for the people who settled the park area. "We can't look on the endeavours of these people then, and draw conclusions from the perspective of the 1990's," explains Chris. "People were doing okay, and in only one of my interviews did any of these people mention going hungry. Yes, their life was filled with hard work and challenges but as one oldtimer told me, 'In my day as a child, there wasn't a problem that couldn't be overcome with an axe or a hammer.' You must remember that for the average family, 10-15 acres of cleared land was all that was manageable, or needed, and these farms were producing excellent crops. People seem to feel that because many of the original settlers left the area, they did so because of hard living or defeat. That's not so — it was social change and as the roads improved there was a movement to the jobs in Kingston. These were people who in the past had succeeded as farmers, millers, miners, lumberjacks, and later, guides as the influx of American tourists began."

Chris is, as expected, happy to see *The Enduring Spirit* in print, but as the years of preparation have gone by there has been a negative aspect to the project. Many of the people originally interviewed by Chris, and who went on to become good friends, have passed away. "These were people with tears in their eyes as they talked about their homesteads," relates Chris. "I was writing this book for them, otherwise, as I was told, no one would tell their story."

The Enduring Spirit is a book for anyone who has ever passed a crumbling foundation and pondered the story behind the stones. It details the stories of these families, their homesteads, Frontenac Provincial Park, and an aspect of Ontario's history so often overlooked — the enduring spirit of the rural family.

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THE PAST COMES IN MANY sizes and shapes. Sometimes it's the crumbling remains of a barn, the breakdown zigzag of a cedar rail fence, or the subtle depression in the ground of a filled-in foundation. Whatever its appearance, few people can resist wondering about the story behind these sites as they encounter them on a trail. And at Frontenac Provincial Park, that's an easy thing to do. Discovering the story however, is not so easy.

That's all changed now, thanks to authors Christian Barber and Terry Fuchs. In late 1997, *Their Enduring Spirit* was released. This book is the result of Chris Barber's ten year odyssey into the history of the land and the people that made up the areas in and around Frontenac Provincial Park.

Their Enduring Spirit will, in all probability, be the definitive cultural history of the park. Chris Barber's interest in the park stems from a canoe paddle on Buck and Slide Lakes in the early 1980's. "I saw the park signs and was intrigued. The park seemed neat and eventually it became REAL NEAT!" exclaims Chris, and there's no mistaking the enthusiasm in his voice.

By the fall of 1986, Chris had



One of the many field trips the authors made. This one with some of the descendants of the southern area of the park. "The boys of Deser Lake"

begun to prowling the township offices in search of information about the park lands which he was exploring. At the same time, Terry Fuchs was writing articles about his experiences in the park and the two met in 1988. The notion of a book emerged with Chris providing the research, and Terry creating the text. Chris continued his searches of historical documents, but also added countless interviews with people who had called the park home in earlier times.

It was during this time that the story began to grow as it was realized that the park boundary could not govern the path of the story. Just as in natural history, a mapped line means little on the ground to cultural history.

"Basically, the research doubled

best by comparing it "to doing a 5000 piece jigsaw puzzle without the benefit of a picture or any pieces with flat sides with which you can construct a border. Eventually, after five years of research, the pieces started to fit and even though the puzzle was bigger, it was becoming more familiar."

The evergrowing complexity made Chris and Terry realize that the plan of attack needed change. With information from the interviews flowing in from all directions and time periods, their place in the overall story was becoming less ordered for Terry, who was without the benefit of being on hand for the interviews. A mutual decision agreed that Chris would write the story, with

Chris Barber is not a trained historian and quickly admits that he's not the best at remembering names. So how does a person with that background create such a thorough historical documentation? "I set out with no preconceived notions, and therefore there were no surprises or disappointments as the research went on... My work was totally devoted to the park area and I think I developed a good ability to recall things which were related. A name would crop up in the records and I could associate it with the park because it was relevant, otherwise I'm bad with names! Relevance was the key for my improved memory."

And was there a favourite story from his ten years of information

The Ice Storm of the Century

The storm of '98 will never be forgotten. Especially by the people who live in Eastern Ontario. In the past, Frontenac Park has experienced drought, forest fires, snow storms, frigid cold, near hurricane force winds and forest insect infestations and the park has survived and bounced back after having been affected by severe weather.

The results of the "storm of the century" will be evident for years to come. Numerous trees and branches have fallen and limbs hanging overhead, creating very dangerous travel conditions. Some hiking trails, canoe portages, and interior campsites may be closed. Please READ and HEED the signage "Hazardous Area — Trail Closed". At the Trail Centre, please obtain the Park Facility Update upon arrival. The park staff wish all visitors a safe enjoyable stay — Thank you.



Photo: L. Chapman

“Leaflets Three, Let Them Be” - Poison Ivy

AT FRONTENAC PROVINCIAL PARK poison ivy is found virtually everywhere. It may grow low to the ground or reach heights of two to three feet in forests, swamps or sandy areas. Poison ivy is difficult to identify partly because the plants leaves change colour with the seasons. In the spring, leaves are reddish or bronze, and as summer progresses they turn bright green, and then red or yellow before dropping off in the fall. Because of this, many plants are mistaken for poison ivy. The easiest way to identify poison ivy is three leaflets with the middle leaflet longer stalked than the other two. The general rule to help avoid contact with it is: “Leaflets of three, let them be”.

The oil of poison ivy causes a reaction in many people, and it is found in the plant's roots, stem, leaflets, flowers and fruit. Brushing against poison ivy can be enough contact to bruise or tear the plant, and release the oil directly onto the skin. The oil can be transferred from person to person



The stalk of the middle leaflet is always longer than the leaf stalks of the other two and the leaves usually look shiny.

by direct skin contact, or from boots, pant cuffs, or your pet, to you or another person.

If contact is suspected, the

preventative treatment includes washing the skin with soap and water immediately to help remove the oil. The first sign of poison ivy is itching and a slight redness of

the skin. Small water blisters may appear within hours to days after contact. These blisters may burst and later form dry scabs. More severe reactions include intense

itchiness, skin swelling and fever.

Treatments of poison ivy vary in their purpose, however most are concerned with the relief of the itchiness. Treatments may include administering antihistamines, compresses of baking soda, soaking in lukewarm baths, or the application of calamine lotion to the affected areas.

Clothing contaminated with the oil of the plant should be washed thoroughly, as the residue will remain on the fabric and be capable of producing a reaction for long periods of time.

While visiting Frontenac Provincial Park common sense will help minimize the chance of contact with poison ivy. Keep to the designated trails and portages while travelling within the park. This includes pets which are able to carry the oil on their coats and pass it on to human skin through direct contact. If a rash develops and home treatment does not prove effective, contact a physician for professional advice. Prescription medications are available to help reduce the itching symptoms, in severe cases of poison ivy. **Remember - leaflets of three, let them be!!**

Park “not so Wild”

AH, FINALLY. THE moment you've been waiting for all year. Your annual camping at Frontenac Provincial Park has begun. All you can see before you is endless wilderness. All you can smell is the lingering smoke of distant campfires. All you can hear is the call of loons on a nearby lake... and the pounding of furry feet as an enormous black dog comes barreling up the path toward you!

This ferocious looking Fido does not exactly fit with the image of a peaceful camping getaway that your brain has been conjuring up all winter. Fido barks at you for a few minutes - just long enough to convince you you're dinner - and then turns tail and heads off in the direction he came from.

Camping at Frontenac should be fun and exciting, not frightening. If you are Fido's owner, or are bringing your own dog to the park, Ontario Parks staff would like to take this opportunity to remind you that dogs in the park must be kept on a leash at all times - regardless of how far into the interior you may be.

Please remember that although it may feel as though you are alone in the world while you are in the

park, in all probability there are other campers both behind and in front of you on the trail. These campers may not appreciate visits from your dog, no matter how friendly it is. Keeping your dog on a leash will improve the quality of their visit to the park too. Remember that the park is home to skunks, raccoons, bears, porcupines, and many other animals.

keep in mind that like all park visitors, campers with dogs, are asked to leave the park just as they found it. To encourage and aid in this endeavor, Ontario Parks “doggie bags” are free to park visitors and are available at the park office.

A dog may be a pet to you and your family, however, it could be an intrusion in the wilderness to others.



Encounters with park wildlife can prove unsettling, and even harmful for your pet.

Once Fido's leash is in place you are free to enjoy your stay here at Frontenac Provincial Park. Please

Abiding by park rules ensure that all visitors to Frontenac can fully enjoy their camping experience.

Please see “Pet Rules”, Page 5

Always keep your pet on a short leash, to prevent possible injury to the dog, wildlife or other park users.



Photos: Frontenac Outfitters



Ontario Cyberparks

PADDLING YOUR CEDAR strip canoe to a remote interior campsite in Frontenac Provincial Park might seem a long way from the sterile cyberspace of the Internet, but it's really only a mouse click away. The world of Ontario Parks now has two locations — one is under the boughs of a majestic pine tree, and the other is under www.mnr.gov.on.ca/MNR/parks/.

Ontario Parks' web site was launched in mid-July, 1996, and has since proven to be a very popular destination for web browsers. But then why not? How many sites offer a virtual tour of Killarney Provincial park, and a chance to test your parks knowledge with a game of Parks Trivia?

The Ontario Parks world wide web site is also your electronic gateway to learning more about provincial parks. You can find out how to plan a camping trip, how to make a reservation, join a Friends group, and much more.

Assisting you in your search for knowledge is the homepage comprised of a rustic signpost. Hanging from this front gate are location signs which when clicked on take you to that destination within the web site.

Through the Ontario Parks site you can see what's new in parks, find the campsite reservation number of your favourite park, or even which parks offer the activities you're interested in. Researchers will be able to apply for research permits through the site, and a link to Environment Canada will even let you see the weather forecasts across the province.

Each park has their own individual information page to let you in on what they have to offer. Perhaps you're looking for a park with great fishing, or interior sites, maybe a visitor centre, or campsites with barrier free access — check the Ontario Parks web site and you'll find it. And since getting there is half the fun,



www.mnr.gov.on.ca/MNR/parks/

provincial and regional maps are used to help you pinpoint your destination.

Something to keep in mind is that one trip to this site is never

enough. Continually evolving and being updated, the Ontario Parks web site is dedicated to keeping you informed of up to date happenings in parks and how you can experience and enjoy

them. All it takes is a click, and the natural and cultural heritage of Ontario's parks is before you.

You can reach us at www.mnr.gov.on.ca/MNR/parks/



**Hike
Ontario**

Hike Leader Certification



Please plan to attend the Hike Leader Certification courses offered at Frontenac Park, see schedule on last page.

fluids. Do you know how to prepare for that hike? Well, Hike Ontario, in partnership with trail groups and other provincial stakeholders has developed a provincial certification program which trains and certifies leaders capable of conducting safe, high-quality hiking experiences from part-day to multi-day camping hikes.

Essentially, there are three program levels offered to train hike leaders: 1) Day-hike; 2) Overnight; and 3) Train the Trainer. Participants who wish to enroll in the courses must have valid First Aid and CPR certification. They are also required to have participated in at least 6 hikes, preferably over 3 seasons. It is expected therefore, that potential hike leaders have some basic knowledge of hiking and outdoor techniques prior to attending the programs. The Day-hike Certification Program is 16 hours in length, while the Overnight Program is 30 hours and includes 2 overnight components.

The core of the program is a Competency and Standards document that outlines a minimum set of standards expected of a Hike Leader. These



standards were arrived at through extensive consultation with hike clubs and hiking enthusiasts across the province and represents an achievable and realistic description of what is expected of a good Hike Leader. The competencies fall under six areas: Risk Management and Safety, Group Leadership and Communication, Trail Leadership, Environmental Action, Outdoor Techniques and Trip Planning.

The increased public demand for certifications and some assurance that the people leading their outdoor experiences have a basic set of knowledge, skills, and experiences, paves the way for this program to grow and develop. Hiking itself can only benefit by more people becoming more knowledgeable about the outdoors and the environment in which we all live.

HAVE YOU EVER BEEN out on a day hike and the weather turns sour, or a heavy overcast makes it get dark earlier and you hope you can make it back to your vehicle before nightfall? Or how about, you are on a week-long backpacking trip with some friends, into the backcountry of a wilderness park. You hope nothing will go wrong and that you haven't forgotten some vital piece of equipment, or you wish that

someone else had remembered to bring the bug repellent or first aid kit!

Pre-trip planning and organizing play all important roles, as well as being physically and mentally able to do it. Even the shortest hike requires some preparation, even if it only consists of proper footwear, a jacket, hat, and sunscreen. Longer trips require more clothing, gear, snacks, and



Backcountry Information

Trail Centre

The Trail Centre at Otter Lake is open 8:00 a.m. to 4:30 p.m., from April 1 to Thanksgiving Monday. It is also open most days during November and December, and most weekends and most weekdays from January 1 to March 31.

The Trail Centre serves as a resource library for interior information and trip planning, as well as a gathering place for the Wilderness Skills Training Programme. If you would like to participate in any of the skills sessions described on page 12 of this tabloid, please contact the Park Office at (613) 376-3489.

Camping

Frontenac has 13 campsite clusters which are open for camping year-round. The clusters are indicated by triangles on the Park Boundaries and Facilities Map (page 7), and by orange campsite markers at the sites themselves. Most clusters have four tent pads, and a privy toilet. **Camping is permitted at designated campsite clusters only, with a valid permit.**

Each campsite cluster can accommodate up to 16 people (4 persons per site), with the exception of campsite clusters 5, 2 and 13 (maximum of 8 persons at 5 and 12 persons at 2 and 13). You may stay at any given campsite cluster for a maximum of two consecutive nights. Each person must be registered.

Camping permits must be purchased at the Trail Centre or Self-serve Kiosk. **There is no car or trailer-camping at Frontenac Park.**

Reservations

If you plan to camp at Frontenac, you should make a reservation. You may reserve a campsite by telephone, Monday to Friday, by mail or in person. We charge a small fee for this service.

Reservation application forms are available at the Trail Centre or at your local Office of the Ministry of Natural Resources. Reservations and camping fees are payable to the Minister of Finance by cheque, money order, VISA or MasterCard. Personal cheques must arrive at the Park at least 21 days prior to your expected date of arrival.

Additional information is available from: **The Park Superintendent, Frontenac Provincial Park, P.O. Box 11, Sydenham, Ontario, K0H 2T0.** You may also telephone the Park at (613) 376-3489 during normal business hours.

Registration

Before heading into the

backcountry, when you purchase your permit leave your name, address, proposed route of travel, and intended length of stay, with the staff at the Trail Centre. This safety precaution will help our park staff locate you should an emergency occur.

Preplan your outings and know where you can obtain emergency assistance before setting out. Always let someone at the Trail Centre know where you are going and when you plan to return.

Self-Serve Registration

When the Trail Centre is closed, the Park operates on a self-serve registration system for day-use and camping. You will find registration envelopes, instructions, and a deposit box in

the Kiosk adjacent to the Trail Centre.

Trip Planning

The success of any canoeing, hiking or camping trip depends entirely upon the planning, resourcefulness and experience of those involved. **Night travel is not recommended!**

If you wish to travel extensively in the interior of Frontenac, then the Trail Centre should be your first stop. Here, you will find a wall-sized aerial view of the Park and the surrounding area, as well as a selection of 1:50,000 scale topographic maps which are available for viewing. The staff at the Trail Centre are well-versed in backcountry travel and can help you plan a day outing or a week-long expedition into the Park's wilder areas.

Group Camping

Although there are no group campsites at Frontenac, a limited number of qualifying youth groups may camp at designated interior campsite clusters. The maximum party size is sixteen, depending on the campsite cluster to be occupied and availability. Please call or write for further information and reservations (613) 376-3489.

Drinking Water

Treated drinking water is available at the Trail Centre. **Giardia lamblia**, a microscopic organism carried in the feces of humans and some domestic and wild animals, may be present in untreated water in this area. To guard against contracting *Giardiasis*, be sure to carry treated water from domestic sources or boil untreated water for 10 minutes prior to use. Chemical purifiers can be added as well, but these alone will not kill the *giardia* parasite. A pamphlet entitled, **What is Giardia?**, is available at the Trail Centre.

Campfires

Campfires are allowed only at **designated campsite clusters**, in the fireplaces. **Shore and trail fires are not permitted.**

Never leave your campfire unattended. Before going to bed or leaving camp, make sure your fire is dead out. There is only one safe way to put out a fire — drown it with water, stir thoroughly, and drown it again. **During the fire season (April 1 to October 31) please exercise extreme caution when building campfires in the interior of Frontenac Park.** There is an Emergency Fire Evacuation Plan for the Park, and our staff at the Trail Centre can provide you with further details. **In the event of a fire ban, No fires are permitted.**

A Visitor's Creed



Photo: Robert Dumas

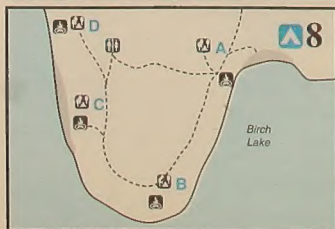
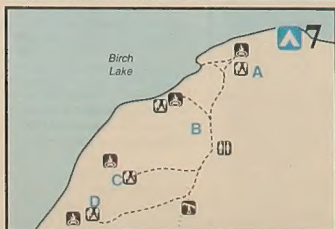
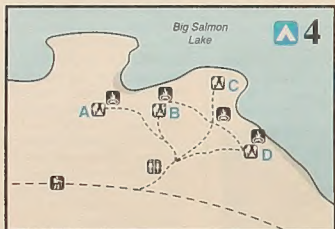
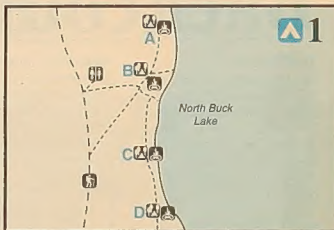
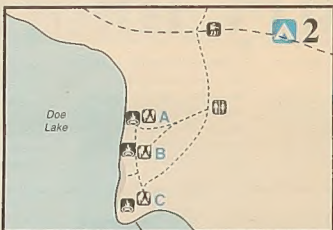
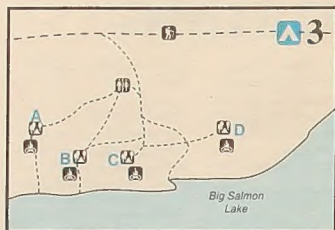
- I am a guest in this beautiful land of rock and lakes, of trees and ponds, where deer, beaver and porcupines are at home, where wildflowers bloom and ice creeks and loons cry their lonely calls.
- To free myself to enjoy this land, I plan my trip carefully, carry the appropriate gear and leave word of my route and destination.
- By following hiking and portage trails, I try to leave as little sign of my passage on the land as a canoe does on water.
- I do not pick plants, cut trees, or feed or harass wildlife.
- To limit the signs of my stay, I camp only at designated campsites.
- By using a portable campstove I leave even fewer scars. If I have a fire, it is small and made in a campsite fireplace with dead, fallen wood. I do not cut standing trees, break off their branches for kindling, or strip their bark.
- My dog is leashed to prevent it from chasing wildlife.
- If I fish, I heed all the rules of good fishing. I bury my fish entrails 135 metres from camp.
- I wash my dishes, clothes and myself 30 metres from lakes and streams. My soap is biodegradable, and does not belong in the water.
- I follow sanitary practices. In camp I use privies. Away from my campsite I bury human waste in a shallow latrine 15 centimetres deep, 30 metres from any water.
- I pack out all my garbage and litter and try to leave my campsite a little better than I found it.
- I talk to park staff about my problems or concerns.
- As much as I can, I want to become a part of this beautiful land, not an intrusion.



Photo: Frontenac Outdoors

Pet Owners Must Heed These Few Rules

- Pets must be kept on a leash at all times - not exceeding 2 metres.
- Your pet must not disturb any other park visitor or make excessive noise at any time.
- The pet must not chase any wild animals or damage any property.
- Pets are not permitted on any beach or in any swimming area as per health regulations.
- You must always clean up after your pet and dispose of the "doggie bag" in a garbage can, (not down the privy).
- The dog must also be kept under control at all times.



Hiking Trails

Trail Name	Hiking Distance (km)	Distance From Trail Centre (km)	Significant Features	Hiking Time (Approx.)	Degree of Difficulty
Arab Lake Gorge	1.5	0	Extensive boardwalk	40 minutes	Easy
Doe Lake	3.0	0	Lakeshores & beaver ponds	1-2 hours	Moderate
Cedar Lake	15.0	1.8	Wetlands in various stages	4-6 hours	Mod. to Diff.
Slide Lake	21.0	4.6	Most rugged part of the park. Scenic vistas	6-8 hours	Very Difficult
Big Salmon Lake	19.0	4.5	Shoreline forest. Scenic views	5-7 hours	Mod. to Diff.
Arkon Lake	13.0	1.9	Bog complex, mature trees, beaver ponds	3-5 hours	Moderate
Little Clear Lake	9.0	7.5	Sites of several 19th century homesteads	3-5 hours	Easy to Mod.
Little Salmon Lake	15.0	3.5	View of Moulton Gorge. Mature bush	3-5 hours	Mod. to Diff.
Tetsumine Lake	12.0	9.6	Abandoned mines & homesteads, Moulton Gorge	5-6 hours	Moderate
Gibson Lake	11.0	11.5	Remains of log cabin & Logging trail	5-6 hours	Mod. to Diff.
Hemlock Lake	5.0	9.5	Mature trees & abandoned fields	3-5 hours	Easy to Mod.

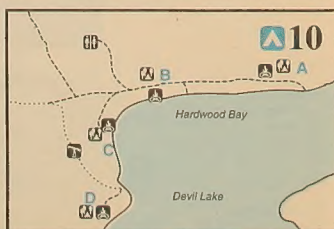
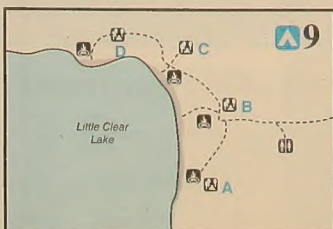


Photos: Frontenac Outdoors

(Please refer to the map in the Trail Centre for trail locations.)

Portage Distances

Portage	Degree of Difficulty	Terrain	Distance (m)
Black Lake to Little Clear Lake	Easy	flat	503
Black Lake to Bear Lake	Easy to Moderate	2 hills & flat	977
Buck Lake to Slide Lake	Easy	1 small hill	81
Otter Lake to Doe Lake	Easy to Moderate	1 two stage hill	341
Birch Lake to Arkon Lake	Moderate	1 long hill	393
Birch Lake to Clearwater Lake	Moderate	1 hill	1003
Kingsford Lake to Devil Lake	Easy	flat	761
Devil Lake to Moulton Lake	Difficult	rocky & hilly	653
Devil Lake to Bear Lake	Easy	flat	572
Devil Lake to Big Clear Lake	Moderate to Difficult	3 stage hill	860
Big Clear Lake to Black Lake	Moderate	2 hills	666
Big Clear Lake to Labelle Lake	Moderate	1 hill	190
Labelle Lake to Big Salmon Lake	Easy	1 small hill	491
Big Salmon Lake to Camel Lake	Moderate	rocky	453
Big Salmon Lake to Little Salmon Lake	Easy to Moderate	1 hill at N. end	974
Little Salmon Lake to Little Clear Lake	Moderate	1 hill	856
Big Salmon Lake to Little Clear Lake	Moderate	2 small hills	923
Birch Lake to Little Salmon Lake	Very Difficult	2 steep hills & 2 small hills	1138
Arab Lake Parking Lot to Arab Lake	Easy	1 small hill	173



Park Boundaries and Facilities

Legend

Trail Centre

Parking

Toilet

Emergency Supplies

Portage

Campsite Cluster

Hiking Trail

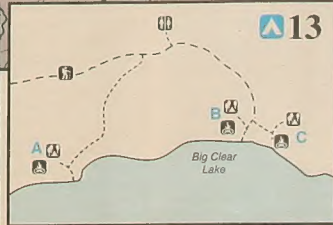
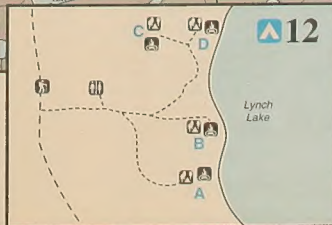
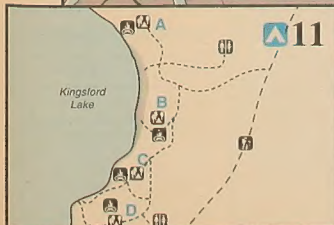
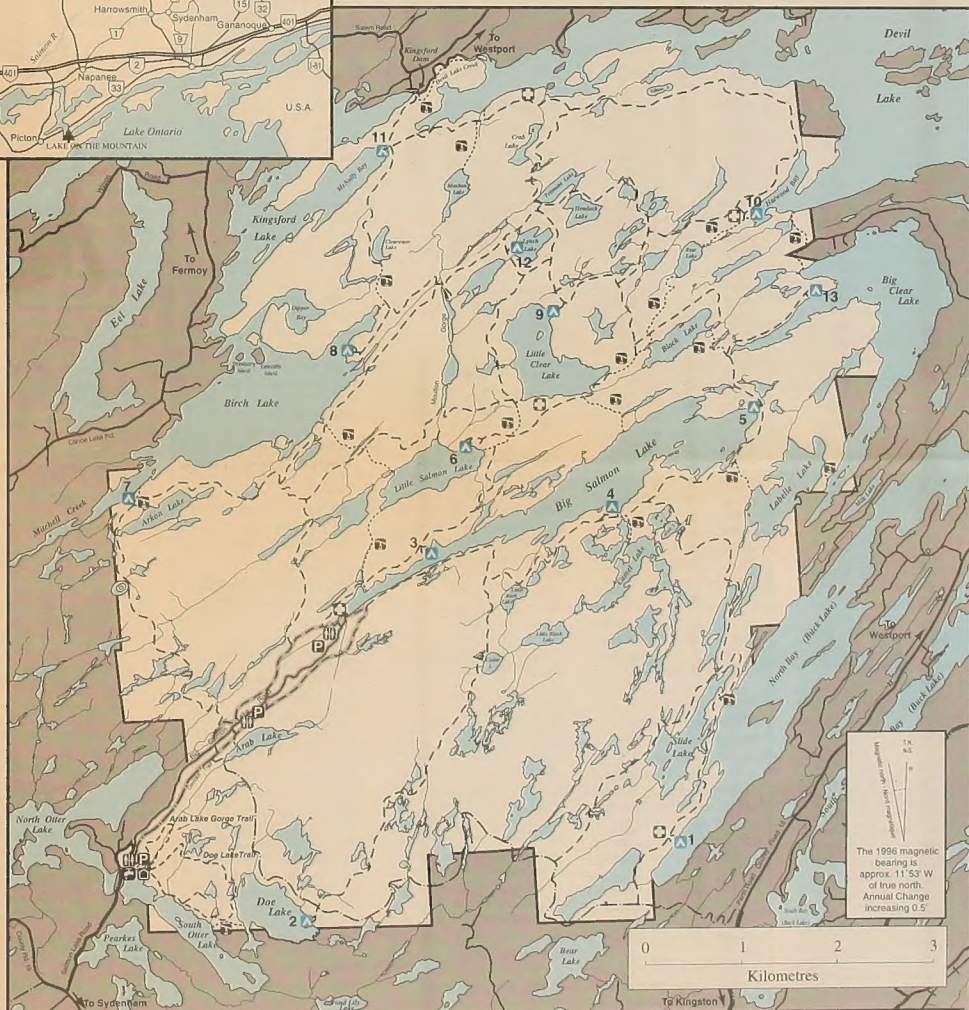
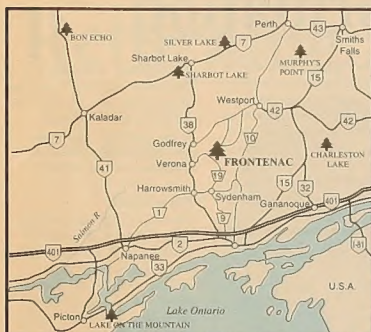
Rideau Trail

Water Tap

Fireplace

Interior Campsite

Ski Trail



More Backcountry Information

Wild Animals

Animals, such as raccoons and bears, should not be a problem, if you take the following precautions:

- Put all your food in a pack and hang it well off (3 m.) the ground, and away from the vicinity of your tent.
- Burn any garbage that you can; the remainder should be placed in your litter bag and suspended along with the food.
- To help eliminate food odours, wash your dishes immediately after each meal (preferably well away (20-30 m.) from your campsite).
- Do not feed, entice or touch wildlife.

Recyclables

As one of the Province's leading conservation agencies, the Ministry of Natural Resources is committed to maintaining a clean and healthy environment for this and future generations to enjoy. You may place cans, plastic pop bottles, and glass in the respective recycling bins. Please help us to reduce unnecessary waste by taking this tabloid home with you and by placing it in your blue box when you are finished with it.

If You Get Lost or Injured

With this tabloid, staying on well marked trails and portages, and with many other people besides yourself using Frontenac's wilderness areas, there is little chance you will get lost. If you do get lost, however, the most important thing is to keep calm. Sit down, evaluate your situation, and mentally try to retrace your steps. Chances are, you will figure out where you went wrong and how to get back on course.

If this doesn't work, and you are still lost, or if there is an injury in your party, stay put and signal for help. Three signals of any kind, (three blasts on a whistle, three flashes from a signal mirror) constitute the universal call for help. Smoky fires and waving brightly-coloured objects may also alert searchers. Wildlife and Natural Areas can sometimes be hazardous.

Travelling at night is not recommended.

Report a Poacher... And Help Catch A Thief!

You can help put a stop to poaching by reporting any hunting and fishing violations that you see take place in Frontenac Park and vicinity. Report your observations promptly to the park superintendent or telephone the Ministry of Natural Resources in Kingston at 1-613-531-5700.

Telephones

There is a public telephone in the Trail Centre breezeway.

Alternative

Accommodations

If you would like to attend one of Frontenac's many wilderness skills training programmes, but do not wish to camp, we can supply you with the names of bed and breakfast establishments, hotels, motels, and private

campgrounds within a reasonable driving distance from the Park.

Canoe and

Equipment Rentals

Many people, particularly those who may be relatively new to canoe tripping, prefer to rent some or all the necessary

equipment. There are many excellent retailers and outfitters in the Sydenham and Kingston areas which supply complete or partial outfitting services. Their names, addresses and telephone numbers may be found in the Service Directory on Pages 10 and 11 of this tabloid.

Emergency Assistance

Emergency assistance in the form of basic first aid is available from the staff at the Trail Centre. In the event of a suspected drowning or other medical emergency please call 911.

Park Roads

The road to Big Salmon Lake (open April 1 to October 31 yearly) is single lane only. Drive slowly. Spurs are available along the road to ease vehicle travel and passing. Please do not park, or leave your vehicle unattended, on the spurs.

Supplies

Groceries, gasoline and other supplies may be obtained in the nearby communities of Sydenham, Harrowsmith, Verona and Kingston. Consult the Service Directory on Pages 10 and 11 for further details.



Poison Ivy

Poison Ivy

Poison Ivy is prevalent at Frontenac, so you should know how to identify this poisonous plant. "Leaves of three, let them be," is a good rule-of-thumb to live by.

The Canadian Ski Patrol

The Canadian Ski Patrol (C.S.P.S.) seeks Frontenac's trails on most weekends during the winter months. Members of the Patrol report on the condition of the Park's trails and provide on-the-trail advice and assistance to the skiing public. To further ensure the safety of all trail users, the C.S.P.S. maintains first aid drums at five separate locations in the interior of the Park. These drums are for emergency use only. Their locations are shown on the map on page 7 and are indicated by a maple leaf symbol.

Meeting the Challenge

There is a feeling of stewardship that comes from knowing that you have travelled through and camped in the area, causing a minimum of impact to the natural environment and on the visits of those who follow. This feeling is an integral part of the overall wilderness experience being offered at Frontenac. Are you prepared to meet the challenge?

Important Park Information & Rules

This is a summary of rules, prepared for your convenience, and is not a complete list of the various regulations which apply in provincial parks. Since certain rules affect different parks differently, you should contact the Park Office/Trail Centre if in doubt about how a specific regulation applies to the park you are visiting. Let us know your comments and suggestions on the back of your permit.

Protecting You and Your Park

We want your stay at Frontenac Provincial Park to be as safe and enjoyable as possible. One basic rule applies in all of Ontario's provincial parks. Have care, respect and consideration for your fellow visitors and the park environment. There is a Provincial Parks Act, as well as other enforceable legislation, which is available for your review at the Trail Centre.

Please report poaching and illegal camping, fires and all violations or problems to Park Staff immediately.

Loud Noise and Disturbing Other Persons

Be considerate to others using the park. Excessive noise is not permitted at any time. This includes barking dogs. Keep your voice down to a reasonable level. Sound travels a great distance over water and noise seems amplified when in the wilderness. It is not only inconsiderate but also contrary to park regulations to cause excessive noise.

Campfires and Firewood

Fires are permitted in the designated fireplaces at the registered campsite only. In this park you may gather dead fallen timber and branches for firewood. Stripping bark, cutting branches from trees or cutting any standing tree is unlawful. Help conserve firewood by building small fires or by using portable stoves whenever possible. In the event of a fire ban, NO fires are permitted.

Park Permits

Camping permits and vehicle permits must be purchased at the Park Office/Trail Centre prior to entering the park. Remember, you must have a valid permit to camp or to bring a vehicle or vessel (canoe or boat) into the park. You must have a valid permit clearly displayed on your vehicle and your camping permit with you, when in the park. Each person must be registered.

Alcoholic Beverages

The consumption of alcoholic beverages is permitted on your registered campsite only.

Power Boats

Power boats and motors are strictly prohibited on all interior lakes. However, you may operate motors on most of the boundary lakes. This includes the following lakes: Buck, Devil, Birch, Kingsford, Otter, and Big Clear. Waterskiing, jet skis and tubing are not permitted at or near any of the campsites or beaches. Electric motors are permitted only on Big Salmon Lake.

Pets

All pets must be kept on a leash at all times, and are not permitted in any swimming area. Your pet must be kept under control and not disturb other persons. Porcupines, raccoons, skunks, deer and bears can seriously harm a pet while protecting themselves or their young. We ask that you consider not taking your pet into the backcountry. Please clean up after your pet.

Camping

Frontenac is open year-round and all of its 13 campsite cluster locations are identified by a triangle and number on the enclosed map, and by orange campsite signs in the interior. Most campsite clusters have 4 tent sites and a privy toilet. Camping is permitted at the designated campsite clusters, on the tent pads only. A valid camping permit is required for all persons wishing to camp and their vehicles. You must camp at the designated

sites to which you are registered. There is no car or trailer camping at Frontenac Provincial Park.

Hunting and Firearms

Hunting and all firearms are strictly prohibited in Frontenac Park.

Vehicles and Parking

ALL vehicles and vessels (boats & canoes) entering the park must have a valid permit. Vehicles must have the permit clearly displayed on the dashboard. Vehicles must be parked in the available parking lots – not along the roads. Vehicles without permits may be ticketed and/or towed.

Motorized Vehicles

All-terrain vehicles, mountain bikes and snowmobiles are not permitted within the boundaries of Frontenac Park.

Fireworks

The possession or ignition of any fireworks is prohibited in all provincial parks.

Garbage and Litter

You must bring out everything you bring in. All refuse and garbage must be packed out and placed in the garbage cans provided, at the canoe launch, parking lots and Trail Centre. Do not throw garbage down privy holes or leave garbage or litter at your campsite, fireplace, or at your picnic site. Failure to keep your campsite clean, and littering, is an offence. Free litter bags are available at the park office. Please help us in our recycling efforts by placing recyclables in the proper glass, can and plastic receptacles.

Fishing

Fishing is permitted in the park in accordance with the regulations as outlined in the summary of the Ontario Sport Fishing Regulations booklet. Most Ontario residents, Canadian residents and non-residents require a licence to fish. You must have this licence on you when fishing. The use or possession of herring is prohibited, in this part of Ontario. You may not fish for a species for which the season is closed.

The Friends of Frontenac

Returning A Favour To Nature

BY LARRY CHALMERS

Who are the friends?

The Friends of Frontenac Park is a non-profit organization that works cooperatively with Ontario Parks. Our objective is to promote programs, public awareness and education of the park's natural and cultural heritage. Frontenac Park offers an outdoor adventure approaching semi-wilderness. As you explore the park you will encounter areas in which our work has made a positive impact.

Friends Helping You Get to Know the Park

As visitors enter the Trail Centre to register their vehicle for a day trip or to embark on a camping experience they may receive assistance from a Volunteer Host or support students hired by The Friends of Frontenac. Their function is to augment park staff by helping visitors with any questions that may arise regarding their stay at Frontenac Park. An introductory slide show and films are available for viewing on request.

To help you further understand the region, The Friends have published a large scale map of Frontenac Park. This map shows the topography as well as the location of trails, portages and campsites. Also included is information on interesting natural and historical features and winter park use. The map, a great benefit to visitors, was updated in a second edition in 1996. It is available at the Trail Centre and some local retailers, or by sending \$6.00 to the Friends address.

The Volunteer Guide Program

The Volunteer Guide Program, the first of its kind in Ontario, is a proven success and is growing in popularity every year. A group of dedicated hikers contribute to this project in many ways. You might meet one of these volunteers while camping or out enjoying a trail hike. They are glad to provide information to visitors with respect to their stay at Frontenac Park. In addition, Volunteer Guides assist with park operations by reporting major maintenance concerns and campsite cleaning. In 1997 volunteers donated over 1700 hours of service to Frontenac Park.

Supporting the Park

Public relations and trail maintenance are just some of the ways in which the Friends of Frontenac contribute support services in the park. In the summer months the Friends have



The Friends Volunteer Guides help the Park with building log footbridges, spring trail sweeps, minor trail maintenance, interior campsite maintenance, trailside advice and directions, and planting tree seedlings.

recruited students. The duties of these people working in the Trail Centre consists of assisting as park hosts, and in the outdoors they perform maintenance functions, construction of foot bridges, and upgrading the campsites. When necessary our organization has provided the funds to purchase materials for bridges, walkway repair and construction. In 1997 alone, 16 bridges were constructed! Other improvements made available through our financing were tree planting, refurbishing campsites, direction signs and two new canoes. The Friends depend on memberships, donations and map sales to help fund these projects. Without the generosity of park patrons, financial assistance would not be possible.

Special Events

During the course of a year the Friends host a series of special events which are designed to provide fun for families, groups and individuals. We hope that visitors also enjoy learning about the park and its delicate environment during these programmes.

Come and join us on a Spring Frog Walk. Listen to the orchestral sounds of the Spring Peepers and learn the difference between toads and frogs. Likewise, you may enjoy some of our other guided hikes including the spring and summer nature walks, or meet near the Trail Centre at dawn to catch a glimpse

of some of Frontenac Park's resident birds. During the autumn venture into the freshness of the fall air when we get together for a mushroom walk.

Winter Camping is an increasingly popular activity and a new experience for most people. Campers, eager to spend a February night sleeping in a quinzee (snow hut) and learn how to enjoy the cold months, register as soon as the dates are determined. The instructors for winter camping are experienced wilderness trippers who volunteer their time, and take pleasure from sharing their knowledge of the outdoors. Any profits generated from this event are routed back into The Friends Of Frontenac projects.

The month of June is an excellent time to brush up on your canoeing and wilderness camping skills. At the Family Canoeing Day, hosted by the Friends, you can do just that. Families paddle to different stations on South Otter Lake to participate in demonstrations on canoeing skills, portaging, map reading, and campsite etiquette. Everyone gathers together for a stimulating display of canoe - rescue techniques before the day culminates with a hot-dog barbeque.

The Friends of Frontenac offers a challenge to you: hike the entire 160 km of Frontenac's trails in the months of September and October. Certificates will be awarded to participants who meet

the Frontenac Challenge.

More information regarding times and dates of these events are located on the back page of this tabloid.

Why join the Friends?

The Friends of Frontenac Park is part of a growing network of cooperating associations across Ontario. A newsletter issued to members three times a year helps keep you informed about the activities of the Friends and our plans for future contributions to the park. With structural changes and financial cutbacks it's up to us to help the Ministry in their operations in maintaining the wilderness of Frontenac Park.

Everyone can be a Friend of Frontenac Park. We welcome families, individuals, special interest groups, park visitors, and business corporations. By becoming a member of the organization you will be making a valuable contribution to a very special place.

If you would like to "Return a favour to nature" please contact the park office or if you wish to mail order for a \$6.00 interior park map, write:

The Friends of Frontenac Park,
P.O. Box 129,
Sydenham,
Ontario K0H 2T0

We have presence on the World Wide Web. You can visit us at: http://www.fcbe.on.ca/frontenac_park/welcome.html.

Second Edition Map

Of great benefit to Park visitors is a large-scale map of the park, that the Friends has published. This shows trails, portages and campsites, and locates many interesting and historical features in the park.



The Friends of Frontenac Park is an incorporated, non-profit, charitable organization constituted outside park management. Activities of the 'Friends' are co-ordinated by a volunteer board of directors that works closely with active members and park staff.

All contributions; volunteer help and expertise and donations are gratefully accepted and appreciated.

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To register for any of the programs described below, please telephone (613) 376-3489. A detailed equipment list and programme outline is available upon registration. Participants are requested to meet at the Trail Centre fifteen minutes prior to the scheduled start times of the presentation. The Presentation Fee is payable to the PRESENTER and the Provincial Park Daily Vehicle and Camping Permits can be purchased at the Park's Trail Centre or Self-Serve Kiosk. When calling to register for any of the Programmes, be sure to ask about personal equipment rentals.

Saturday, January 24th
Winter Camping Trip Planning
Presentation, Presented By: The Friends of Frontenac
Many of the discomforts associated with extended forms of backcountry travel during the winter can be minimized by accurate pre-trip planning. This presentation provides the novice and the experienced tripper with the opportunity to share ideas and concerns about low-impact winter camping and trip planning. Topics include: route selection and assessment, equipment construction and appropriateness, menu planning, physical fitness and conditioning, safety, and the different forms of winter travel. A portion will be held out-of-doors, so come dressed for the weather conditions and the trails. *This is a prerequisite for those who wish to attend the Winter Camping Instructional Weekends.*
Time: 10:00 A.M. to 3:30 P.M.

Saturday, February 7th to Sunday, February 8th
Winter Camping Instructional Weekend #1 (see details below)

Saturday, February 14th to Sunday, February 15th
Winter Camping Instructional Weekend #2
Presented By: The Friends of Frontenac
These two separate weekends are designed to introduce participants to snowshoes, tents and general winter camping skills. Learn how to stay warm, prepare meals and use map and compass. **Food will be provided. Cost: \$50.00 per person plus interior camping fee. Time: 10:00 A.M. Saturday to 3:30 P.M. Sunday.**

Saturday, April 25th to Sunday, April 26th
Wilderness First Aid Course
Presented By: SOLO Canada / Mark Halladay Emergency Services, Kingston
This course takes you beyond standard first aid. You will be taught how to manage an emergency situation when help is more than a phone call away. This in-depth course includes patient assessment, trauma management, moving techniques, dehydration, managing and preventing heat and cold emergencies and coping in the

wilderness. This course has been designed by Dr. Frank Hubble of the North American Rescue Institute. **Cost: Course and certification \$116.00 (G.S.T. incl). Time: 8:30 A.M. to 4:30 P.M. each day.**

Saturday, May 9th to Sunday, May 10th
Advanced Wilderness First Aid Course, Presented By: SOLO Canada/Mark Halladay Emergency Services, Kingston.
This course is designed as a follow-up to Basic Wilderness First Aid. Some topics covered are improvised litters, spinal, head and chest trauma, wilderness emergencies and common expedition problems. Classes include lectures, practical skills stations and scenarios. **Cost: Course and certification \$125.00 (G.S.T. incl). Time: 8:30 A.M. to 4:30 P.M. each day.**

Friday, May 15th to Monday, May 18th
Canoe Tripping Certification Weekend - Level I & II, Presented By: Harbourfront Canoe School, Toronto
Here's a weekend session designed primarily for experienced canoeists, who wish to obtain their Trip Leader Certification. It includes lectures and demonstrations in wilderness first aid, emergency canoe and paddle repairs, map and compass usage, trip planning, weather forecasting and more. Scout & Guide Leaders, and teachers, are encouraged to attend. **Cost: \$220.00 (PLUS G.S.T.) Time: 5:00 P.M. Friday to 3:30 P.M. Monday. To register please telephone (416) 203-2277.**

Saturday, May 30th to Sunday, May 31st
Hike Leader Certification - Level I, Presented By: Hike Ontario, Toronto.
This weekend session is for experienced hikers, who wish to obtain their Hike Leader Certification for Day Hikes. The course includes lectures and practical exercises in risk management, care of the environment, outdoor techniques, trip planning and leadership skills. Includes training manual. Hike leaders from trail clubs, naturalists, outdoor recreation students/teachers, Scouts/Girl Guides are encouraged to attend. **Cost: \$125.00 (PLUS G.S.T.) Time: 8:30 A.M. to 4:00 P.M. each day. For information call (416) 426-7362. To register phone (613) 376-3489.**

Friday, June 5th to Monday, June 8th
Canoeing Tripping Certification Weekend - Level I & II, Presented by: Harbourfront Canoe School, Toronto. SEE May 15th description and course fees. Time: 5:00 P.M. (Friday) to 3:30 P.M. (Monday). To register please telephone (416) 203-2277.

Sunday, June 14th
Family Canoeing Day, Presented By: The Friends of Frontenac Park
On this day geared to families, join the Friends in a variety of educational and fun canoeing activities and demonstrations. Learn some skills and tripping tips, and participate in some canoeing games. Finish the day with a hot-dog BBQ. Bring your own equipment or ask about canoe rentals nearby. **Cost: \$20.00 per person or \$50.00 per family. Time: 10:00 A.M. to 4:00 P.M.**

Sunday, June 21st
Canoe Clinic, Presented By: Catarqui Canoe Club
There will be the opportunity at this presentation for beginners and first-time canoeists to upgrade their paddling strokes and to practice their basic canoeing skills, including, canoe-over-canoe rescues, launching and removing a canoe. Various makes and models of canoes will be discussed. Bring your own equipment. **Cost: \$10.00 per person. Time: 10:00 A.M. to 4:00 P.M.**

Friday, June 26th to Sunday, June 29th
Canoe Tripping Certification Weekend - Level I & II, Presented By: Harbourfront Canoe School, Toronto. SEE May 15th description and course fees. Time: 5:00 P.M. (Friday) to 3:30 P.M. (Monday). To register please telephone (416) 203-2277.

Saturday, July 11th
Sea Kayaking Basics, Presented By: Paul Copeland, Trailhead, Kingston
A really great introduction to all the basics. We start with equipment selection and move to entry, bracing, strokes, wet exits and for the adventurous, self and assisted rescues. Always a popular course, quality equipment provided. Bring extra dry clothes and expect to have fun. **Cost: \$69.00 (Plus G.S.T.) Time: 9:45 A.M. to 4:00 P.M.**

Saturday, July 18th
Take a Hike Day, Presented By: The Friends of Frontenac Park
Three hikes of different lengths and difficulty are featured on this day. Choose the one that suits you. For the 13km. Arkon Lake Trail, a guided hike is offered at 10:00 A.M. from the Trail Centre. Bring a lunch, plenty of water, and wear sturdy shoes. **Time: Start your hike between 9:00 A.M. and 1:00 P.M. Register at Trail Centre.**

Saturday, July 25th to Sunday, July 26th
O.R.C.A. Basic Level Certification, Presented by Sheila Ritter, Hartington The Basic Level (A,B,C,D)
course is designed to introduce the novice or inexperienced canoeist to fundamentals in water safety and safe canoeing

practices. It involves rescues, equipment, outdoor and environmental precautions and provides a practical focus on skills instruction in tandem and solo paddling situations. Successful participants receive a badge/card certification. Participants must supply their own equipment or rent. Each participant must have a canoe for the solo paddling session on Sunday. Bring your lunch, plenty of refreshment, sun and insect protection and expect to go in the water. **To register, please telephone (613) 374-5299. Time: 8:00 A.M. to 4:30 P.M. daily. Meet at the Trail Centre. Cost: \$185.00 per person.**

Saturday, August 8th
For Children: Lost in the Woods, Presented By: Frontenac Provincial Park
This presentation is designed to give primary school-aged children and their parents some self-help advice on wilderness survival and safety. Children will learn the importance of carrying a survival pack, how to build a survival shelter, and when to travel with a buddy. Parents are encouraged to attend and participate. **Time: 1:00 P.M. to 4:00 P.M.**

September 1st to October 31st
The Frontenac Challenge, Presented By: The Friends of Frontenac Park
The Frontenac Challenge involves hiking all 160 kilometres of the park's trail network between September 1st and October 31st. To meet the Challenge, all you have to do is pick up a registration form at the Trail Centre and then set out to hike through the autumn splendour of Frontenac Provincial Park. Participants will receive a certificate at an AWARDS BBQ on November 8th at 10:00 A.M. **Cost \$2.00 per person or \$5.00 per family. Those who complete the entire Challenge will be acknowledged on an honorary plaque in the Trail Centre. So**

come out and challenge Frontenac at its autumn best.

Saturday, September 12th
Wilderness Navigation Using Map & Compass, Presented By: Jim Gilchrist, Aurora.
Learn how to interpret and then read topographical maps in order to find your way safely and confidently in wilderness. Through a variety of practical outdoor exercises discover how to use a compass both alone and with a map. Become familiar with terms such as oriented map, magnetic declination, contour interval, setting a compass, following a bearing, and triangulation. Come prepared to hike in the forest. Bring a safety whistle. **Cost: \$15.00 per person. Under 12 years - Free. Time: 9:30 A.M. to 4:00 P.M.**

Friday, September 18th to Sunday, September 20th
Hike Leader Certification - Level II, Presented By: Hike Ontario, Toronto.
This weekend session is for experienced hikers who wish to obtain their Trip Leader Certification for Overnight Trips. The course focuses on leading and training skills in an interactive and experiential manner. Some night activities will be included. Includes training manual. Hike leaders from trail clubs, outdoor recreation students/teachers, and naturalists are encouraged to attend. **Cost: \$125.00 per person (Plus G.S.T.) Time: 5:00 P.M. - Friday to 3:30 P.M. Sunday. For information call (416) 426-7362. To register phone (613) 376-3489.**

Sunday, October 4th
Ontario Hiking Day Presented By: The Friends of Frontenac Park
Enjoy the splendor of autumn on a 15 kilometre hike around Cedar Lake Loop. Bring a lunch, day pack, water, and camera. Wear sturdy shoes. **Time: 9:30 A.M. to 4:00 P.M. MEET AT TRAIL CENTRE.**



Take A Walk With The Friends of Frontenac

Bring your family on these short leisurely walks to examine the plant and animal life in the Park. Except for the Dawn Bird Walk, meet at the Trail Centre at 12:30 P.M. Bring your binoculars, camera, drink, snack, sturdy shoes, and bug repellent.

Saturday, January 17th
Winter Nature Walk

Sunday, April 19th
Spring Frog Walk

Sunday, May 3rd
Spring Nature Walk

Sunday, May 31st
Dawn Bird Walk
(Trail Centre 5:00 A.M.)

Sunday, June 28th
Summer Nature Walk

Sunday, September 27th
Fall Mushroom Walk